

## Courgette & Chicken Couscous

This is a great and simple way to use up your surplus courgettes! It also works well with fish such as sea bass or seafood instead of chicken.

Serves 4.

### Ingredients:

200g couscous  
400ml chicken stock  
2 tbsp olive oil  
4 courgettes, grated  
2 lemons, 1 halved, 1 cut into wedges  
2 boneless, skinless chicken breasts

### Method:

Tip the couscous into a large bowl and pour over the stock. Cover and leave for 10 mins until fluffy and all the stock has been absorbed. Heat 1 tbsp oil and fry the courgettes until softened and crisping at the edges. Tip into the couscous, then stir in with seasoning and a good squeeze of lemon juice from one of the halves.

Halve the chicken breasts horizontally and put on a sheet of cling film. Cover with another sheet and beat each piece out with a rolling pin to make it thinner. Season. Heat the remaining oil in a large pan and fry the chicken for about 2 mins on each side until cooked through. Squeeze over the juice from the other lemon half and serve with the couscous and lemon wedges on the side.